

Culinary Arts Foundations: Week 6

Day 1: Review

- **Objective:** Review information over knives, standardized recipes and making soups.
- **Starter # 6:** What is the conversion factor formula? Pg. 306
- **Assignment:**
 - Folder Check
 - Bingo Review

Day 2: Test: Knives, Smallwares, Using Standardized Recipes

- **Objective:** Evaluate knowledge of properly using knives, identifying pieces of small equipment and how to properly use a standardized recipe.
- **No Starter**
- **Assignment:**
 - Test Ch. 10 and 13

Day 3: Fruits and Vegetables/ Cooking Techniques Project

- **Objective:** Identify the quality characteristics of fruit and vegetables; how to properly store and cook with.
- **Starter #7:** List the 8 classifications of fruit. Pg. 572-573
- **Assignment:**
 - Study Guide: Ch. 26 Fruits and Vegetables Pg. 571-586
 - Assign Cooking Techniques Project

Day 4: Ch. 15 Cooking Techniques Project

- **Objective:** Explain a specific dry/moist heat cooking method. Determine the affects of the cooking method on the end product.
- **Starter #8:** Define combination cooking. Pg. 340
- **Assignment:**
 - Cooking Technique Research (Ch. 15 and Ch.26)

Each group will be assigned a different recipe and cooking technique. The groups are responsible for researching their cooking technique, preparing their assigned food product and presenting the information to the class.

Day 5: Cooking Techniques Project

- **Objective:** Same as Day 4
- **Starter #9:** Why does overcooking affect the color of green vegetables? “Color Fade” pg. 342
- **Assignment:**
 - Continue Research
 - Lab Plan/Convert Recipe Measurements

Matching Directions: Read each description carefully. Place the letter of each key term in the space provided to the left of the description it corresponds with below. Use each term only once. Check your answers before turning in your paper.

Key Terms:

- | | |
|-----------------------|----------------------------|
| A. Tang | I. Paring knife |
| B. Rivets | J. Tournée knife |
| C. Bolster | K. Fillet knife |
| D. Chef's knife | L. Butcher knife |
| E. Utility knife | M. Chiffonade |
| F. Slicer | N. Rondelle cut |
| G. Serrated | O. Diagonal cut |
| H. Boning knife | P. Mince |

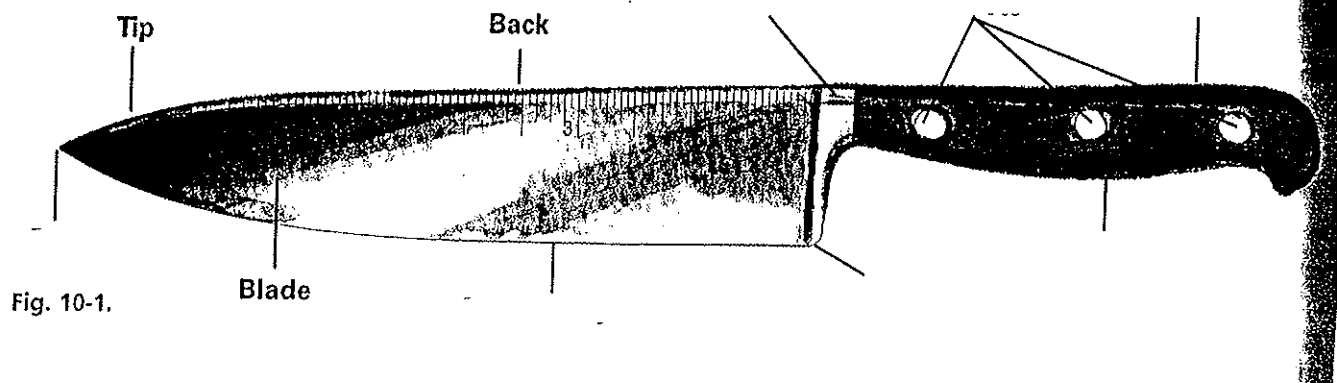
change test

- ~~Q. Dice~~
R. Julienne
S. Batonnet cut
T. Brunoise cut
U. Whetstone
V. Trueing

~~minimize~~
saw / stock
question

Descriptions:

- | | |
|--|--|
| _____ 1. A blade that is toothed like a saw. | _____ 12. A knife used to cut meat. |
| _____ 2. A round slice. | _____ 13. An elongated slice. |
| _____ 3. A knife used to remove bones from meat, fish, and poultry. | _____ 14. To cut into very small pieces. |
| _____ 4. The metal pieces that fasten the handle to the tang. | _____ 15. To use a steel. |
| _____ 5. A very small dice. | <u>K.</u> 16. An 8-9 in. blade with a pointed tip. |
| _____ 6. A silicon carbide or stone with up to three sides. | _____ 17. To cut into cubes. |
| _____ 7. A knife used to trim off a thin outer layer or peel from fruits and vegetables. | _____ 18. A knife that is smaller, but similar in shape to a chef's knife. |
| _____ 8. To shred leafy vegetables. | _____ 19. The part of the blade that continues into the knife's handle. |
| <u>C.</u> 9. A shank or collar. | _____ 20. To cut into matchstick-shaped pieces. |
| _____ 10. Cut that is thicker than the julienne cut. | _____ 21. A knife with a curved blade. |
| _____ 11. A French knife. | _____ 22. A long thin blade ideal for cutting large food. |



Fruits and Vegetables Ch.26

Fruits: pgs. 571-576

1.) What are two advantages of purchasing fresh fruit in season?

2.) List the five things that fruit are graded on.

3.) When do food service operations choose Fancy grade?

4.) What happens to the flesh and flavor of fresh fruit when they ripen?

5.) What is ethylene gas?

6.) The heat required in canning softens fruit, but it doesn't affect the _____.

7.) Freezing doesn't affect the nutritional value but it does change the _____.

8.) What do compotes and chutneys often accompany? _____

9.) What does rehydrate mean? How is it done? _____

Vegetables: pgs. 579-586

10.) Why are certain types of fruits classified as vegetables? _____

11.) What are the 8 different classifications of vegetables?

12.) What three things are vegetables graded on? _____

13.) What conditions are starchy vegetables best stored at? _____

14.) What are the two main types of potatoes and what is the difference? _____

15.) The heat used during canning softens most vegetables and cause some _____.

16.) How can you retain some of the nutrients lost from canning vegetables? _____

17.) Most nutrients are retained during _____.

18.) How can you tell when vegetables are done? _____

Cooking Techniques Project
With Fruits and Vegetables

Directions: With your group you are going to research specific cooking technique(s) using the information in the textbook. You will cook a food product using your technique(s) and SHARE your food with the rest of the class. You will then present your cooking technique(s) to the class and take notes on others presentations. For your research answer the questions that follow. Use Ch.15 on Cooking Techniques and Ch.26 Fruits/Vegetables to help you find your information. *Each group member is responsible for completing this paper to be turned in.*

- 1.) When receiving your fruit/vegetable what are some potential problems that you should look for? (refer to pg. 188 Receiving and Storing Food Safely)

- 2.) What would be the proper storage for your fruit/vegetable? (refer to pg. 191-192 Fresh Produce)

- 3.) When cooking how are nutrients lost? What is one cooking method that will retain as much nutrients as possible? (pg. 340 Nutritive Value)

- 4.) What will happen to the texture of your fruit/vegetable as you cook it? (pg. 341 Texture)

- 5.) What do fruits/vegetables get their unique colors from? Define. When cooking how can we maintain our fruit/vegetables natural color? (pg. 341 -343 Color)

Note: #6-8 are questions based on your specific cooking technique(s) use pg. 344-355 to find your techniques and answer the questions below.

6.) Define dry cooking techniques:

Define moist cooking techniques:

Does your cooking technique use dry or moist heat?

- 7.) What are some foods that are commonly used with your cooking method?

- 8.) Explain and define your cooking method using your recipe and textbook information. Make sure you are gathering as much information as possible from ch.15 and ch.26.

Point Values

- Research on cooking technique = 20 pts.
- Cooking food product = 20 pts.
- Presentations = 10 pts.
- Notes on other presentations = 10pts.

Total = 60 pts

Py. 588 + 589

1. Peel 1 carrot.
2. Wash.
3. Cut carrot 1/8" diagonal.
4. Place carrot slices in 1/2 hotel pan.
5. Steam in steamer until soft al dente
6. Heat small sauté pan.
7. Place 1 T. butter in pan.
8. Toss carrots in sauté pan.
9. Sprinkle 1 T. brown sugar over carrots.
10. Stir constantly to coat with brown sugar.
11. Cook until brown sugar becomes a glaze.
12. Plate.

pg. 345 + 588

Oven Roasted Potatoes

Yield: 1 serving

1 ½ tsp. Olive oil	1/8 tsp. Dried oregano
¾ tsp. Minced garlic	1/8 tsp. Dried parsley
1/8 tsp. Dried basil	1/16 tsp. Crushed red pepper flakes
1/8 tsp. Dried marjoram	1/8 tsp. Salt
1/8 tsp. Dried dill weed	1/8 tsp. Dried thyme
1 large potato	

1. Preheat oven to 475 F.
2. Peel potato. Cut into large dice.
3. In small bowl, combine all ingredients except potato. Mix completely.
4. Add potato. Toss to evenly coat.
5. Place potatoes in a single layer on baking sheet.
6. Roast for 10-15 minutes, or until potatoes are golden in color, turning occasionally.

Best Ever Blueberry Cobbler

Baking
pg. 577
344

all recip

Submitted by: Jen
Rated: 4 out of 5 by 151
members

Prep Time: 20
Minutes
Cook Time: 40
Minutes

Ready In: 1 Hr
Yields: 6
servings

"To make this judiciously sweet cobbler, blueberries are lightly sugared and flavored with orange juice, and then topped with a light and airy batter. And within 40 minutes, this cobbler bakes up bubbly and beautiful."

INGREDIENTS:

3 cups fresh blueberries
3 tablespoons white sugar
1/3 cup orange juice
2/3 cup all-purpose flour
1/4 teaspoon baking powder

1 pinch salt
1/2 cup butter, softened
1/2 cup white sugar
1 egg
1/2 teaspoon vanilla extract

DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In an 8 inch square baking dish, mix blueberries, 3 tablespoons sugar, and orange juice. Set aside. In a small bowl, thoroughly mix flour, baking powder, and salt. Set aside.
3. In a medium bowl, cream butter and 1/2 cup sugar until light and fluffy. Beat in egg and vanilla extract. Gradually add flour mixture, stirring just until ingredients are combined. Drop batter by rounded tablespoons over blueberry mixture. Try to cover as much of filling as possible.
4. Bake in preheated oven for 35 to 40 minutes, until topping is golden brown and filling is bubbling.

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Grilled Peaches / Griddle

From Food Network Kitchens

pg. 348 + ST7



- 4 ripe medium peaches
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon almond extract
- 1/4 cup dark brown sugar
- 1 to 2 pints frozen vanilla yogurt

Suggested toppings: toasted sliced almonds

Cut the peaches in half and remove the pit. Slice each half in half and toss them in a bowl with the vanilla extract, almond extract, and brown sugar. Set aside for 15 minutes while you preheat a grill with a medium-high heat. Grill skin side down until skin is slightly charred, about 3 minutes. Turn and grill on the other 2 sides until you get nice grill marks, about 1 minute on each side.

Divide the peaches among 4 bowls and serve with the frozen yogurt and toasted almonds, if desired.

Recipe Summary

Difficulty: Easy

Prep Time: 10 minutes

Inactive Prep Time: 15 minutes

Cook Time: 5 minutes

Yield: 4 servings

User Rating: ★★☆☆☆

Applesauce

Yield: 1 pint

2 lb. apples

$\frac{1}{4}$ tsp ground cinnamon

3 oz sugar

2 tsp. lemon juice

1. Peel and core apples. Cut into 1" cubes.
2. In small hotel pan ($1\frac{1}{2}$ size), spread out apples. Sprinkle with cinnamon.
3. Steam until very tender.
4. Transfer to small bowl. Add remaining ingredients. Mash with potato masher.

1. Chop $\frac{1}{2}$ of an onion.

2. Heat a sauté pan.

3. Place enough oil in pan to thick coat and heat.

4. Add batonnet potatoes (from blanching) and onions to oil.

5. Cook potatoes, turning frequently, until all slices are browned.

6. Plate.

Sauteed Apples

pg. 345-346; 577

Submitted by: Jenny
Rated: 5 out of 5 by 201
members

Prep Time: 5
Minutes
Cook Time: 15
Minutes

Ready In: 20
Minutes
Yields: 8
servings

"This is great for any meal, but is great for breakfast. The syrup from the apples is great on homemade waffles. You may add raisins to the sauce you wish."

INGREDIENTS:

1/4 cup butter	1/2 cup cold water
4 large tart apples - peeled, cored and sliced 1/4 inch thick	1/2 cup brown sugar
2 teaspoons cornstarch	1/2 teaspoon ground cinnamon

DIRECTIONS:

1. In a large skillet or saucepan, melt butter over medium heat; add apples. Cook, stirring constantly, until apples are almost tender, about 6 to 7 minutes.
2. Dissolve cornstarch in water; add to skillet. Stir in brown sugar and cinnamon. Boil for 2 minutes, stirring occasionally. Remove from heat and serve warm.

This recipe appears in our *"Allrecipes cookbook"*. Buy it online at <http://www.shopallrecipes.com/>

Poached Orange Pears



pg. 578 + 352
Submitted by: Edna Lee
Rated: 5 out of 5 by 1 members

Prep Time: 10
Minutes
Cook Time: 20
Minutes

Ready In: 30
Minutes
Yields: 8
servings

"These pears are very simple to prepare, but so elegant, assures Edna Lee of Greeley, Colorado. I love to serve them when fresh raspberries are in season. They make a beautiful presentation for special occasions and are always well liked by both young and old. TIP: I've occasionally used home-canned pear halves and no one ever knows the difference, Edna says."

INGREDIENTS:

1 1/2 cups orange juice	4 large pears, peeled, halved, and cored
1/2 cup packed brown sugar	
1 (3 inch) cinnamon stick	1/2 cup fresh raspberries

DIRECTIONS:

1. In a large saucepan, bring the orange juice, brown sugar and cinnamon stick to a boil. Reduce heat; cook and stir over medium heat until sugar is dissolved. Add pears; cover and simmer for 15-20 minutes or until tender but firm.
2. Using a slotted spoon, place each pear half in a dessert dish. ~~Garnish with raspberries.~~ Drizzle with poaching liquid.